

Problems of a Censor
What's a censor? Columnist H. V. Wade describes him as one who gets hold of a fact like "the United States Navy now totals 14,072 vessels", and spends the rest of the day wondering, "What this comforth the enemy?"

The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

VOLUME 22, NO. 45 THE JOURNAL, COLEMAN, ALBERTA THURSDAY, MARCH 23, 1944 \$2.00 Per Year; Single Copy 5c

Sam McDowell Retires From Telephone Service

Been in Employ of Alberta Government Telephones for Past Thirty-one Years; Valued Citizen of The Pass.

On Friday, March 31, the Alberta Government Telephone department will lose, by retirement, one of its most efficient and trustworthy employees in the person of Sam McDowell, of Blairmore. Sam has been with the telephone department for 31 years.

He started his apprenticeship in 1901 in his native Ireland, when he became an employee of the National Telephone at Belfast. In 1911 he travelled to Scotland, settling down in Glasgow, where he worked for a little more than a year with the Glasgow Corporation Telephone department.

In 1913 he set sail for Canada, coming to Alberta where he secured employment with the Alberta Government Telephones and was assigned to the Innisfail district. He was transferred to various Alberta towns and in 1924 while at Cardston was promoted to exchange manager. In 1927 he was transferred to Blairmore exchange and has remained here up until his retirement.

Sam has been one of Blairmore's most valuable assets. He has taken part in municipal politics and was a member of the school board. His interest in the youth of the town has always burned brightly and many young hockey players have played under his management. He is the sparkplug behind the Blairmore Community Sports Association and maintains its efficiency. He is always active in worthwhile community activities and since the outbreak of war has worked ceaselessly in aiding war charities and taking an active part in Blairmore's finance committee, which is headed by Bill Chappell.

Fortunately neither Blairmore nor the Pass is going to lose so valued a citizen. He is going to remain right in the old Crows' Nest Pass for some time to come, and next month he will again be seen rolling up his sleeves, tapping Bill Chappell on the shoulder and saying, "Come on, Bill. I'll try to get a job to do, so let's get it done."

His many friends throughout the Crows' Nest Pass wish him many happy years in his retirement and hope that he will mingle just as freely in the future with them as he has in the past.

Air Cadet Notes

Warrant Officer Bogden, of No. 4 Training Command, Calgary, is in town today, visiting the local cadet corps.

Cpl. Wm. "Torchy" Peden, of No. 4 Training Command, will visit Coleman in his official capacity as elementary drill and physical drill instructor, on Wednesday, Mar. 29.

Several written examinations will be taken by the local cadets within the next month.

The Senior C. G. I. T. will hold a
Lenten Tea
and
Sale of Home Cooking

in the Club Room of St. Paul's United Church on

Sat., March 25
from 3 to 5.30 p.m.

Donations for the Home Cooking Table will be appreciated.

SENTINEL EMPLOYEES GIVE THE RED CROSS STRONG SUPPORT

Employees of the Sentinel Power plant have once again demonstrated in no uncertain manner that they are behind the Canadian war effort. This week the 22 employees subscribed \$122 for a 100% contribution.

This is not the first time that they have subscribed 100%. Last Victory Loan every plant employee bought a bond. Last Red Cross Drive they were 100%. Their support of the war effort it too magnificent to allow it to go unnoticed. The executives of the various war drives here are deeply grateful to this little band of employees, who can always be counted upon to come through in splendid fashion.

Completes Thirty Bombing Trips Over Axis Europe



FO WILLIAM "BILL" NAYLOR who this week informed his parents, Mr. and Mrs. James Naylor, by wire, that he had just completed his tour, which means that he has completed 30 bombing operations over Axis-held Europe. Bill is now eligible for two months' furlough.

Bill joined the RCAF in June, 1941. He arrived at the base, 1942, was promoted to Flying Officer in December, 1943, and is attached to a RCAF bombing squadron.

Local Red Cross Executive Expect To Reach Quota

Mine Canvass Expected to be Completed To-Day; Good Support From Power Plant

(J. A. P.)

The canvass at the mines got underway Tuesday morning Mar. 21, and it is expected to be about completed on Thursday of this week. Returns by canvassers have been somewhat slower this year, owing to unforeseen difficulties coming along. However, results will be as good as last year, and we hope they may show better by the time the campaign comes to a close. The business men have done a good job, and have shown good co-operation with advertising and window displays, and the executive of the local branch, appreciate this. Speaking of executives we could do with more men members, who would attend the monthly meetings, as there is lots of work to be done. Anyone interested is invited to attend. One bright spot in the campaign was the splendid response of the Sentinel employees of the plant at the lake. There are 16 employees and they contributed \$97.00. Coleman branch welcomes you all as members. In previous years this contribution went to the Fernie branch. There is lots of work to be done yet, but the executive is confident that our quota of \$2,000.00 will be reached on completion of the mine canvass.

JACK WALKER INJURED IN AUTO ACCIDENT

Jack Walker, of Lethbridge divisional war finance organizer in the Crows Nest-Pincher Creek constituency, received injury to his back on Monday morning when the car in which he and his party were riding to Calgary to attend the two day pre-loan convention, over-turned on the road. Jack, along with a friend who was also injured, returned to Lethbridge soon after their arrival at Calgary where they were examined by a doctor.

H.M.I.S. NARBADA - Of The Royal Indian Navy



The Royal Indian Navy is playing a considerable part in this war. H.M.I.S. Narbada, a sloop is one of the smaller units.

Pictures shows: Two of the ship's company cleaning a twin Oerlikon gun of H.M.I.S. Narbada.

Curlers Subscribe \$1,000 Within Few Minutes To Aid In Building New Curling Rink

Banquet Held to Wind Up Season; President Dow Spoke on Plans For New Arena; Prizes Presented.

On Friday evening Coleman Curling club held the first of what is hoped to be many successful annual curling banquets. In addition to the forty six curlers present there were nine guests, four of the latter being Wm. Kerr and Mr. McEachern, of Bellevue and Harvey Carmichael and Bill Miers, of Blairmore. John D'Appollonia pulled himself away from pressing business at Creston in order to spend a few social hours with his many old curling pals. President Andrew Dow was chairman.

Rev. G. A. Ketyls said Grace before all sat down to a sumptuous meal of turkey with all the trimmings. The toast to the King was given by President Dow, and the toast to the men in the armed forces was given by Rev. Ketyls.

Secretary A. Balloch gave his financial report which revealed that with the exception of a small portion of one curler's fees the dues had been collected in full. Tribute was paid to the Sports Association through whose help it had been possible to operate the curling rink during the past season. The "Four Bit" bonspiel had netted a nice surplus in addition to promoting keener interest in the game among many who had not hitherto curled.

President Dow's report dealt chiefly with plans for moving the curling rink from its present location to a site in the tourist park. He gave the dimensions of the proposed rink which would house four sheets of ice as well as spacious and comfortable dressing rooms. The building would be placed on a concrete foundation. Rough timber would be secured from the woods and he sought the aid of the mine saw to dress the logs. The work would be done by voluntary help. He estimated that \$2400 would be required. He proposed to raise part of this sum from the curlers themselves. His proposal was to have all curlers, who were financially able to do so, agree to pay five years' dues, \$25, in monthly installments of \$2.50 monthly for the next ten months. Soon after his address President Dow received the support of forty curlers who signed their names to pay the five years' dues

which meant that \$1,000 had been raised in a matter of a few minutes. In addition money will be raised by donations, carnivals, raffles, etc.

President Dow was followed by Mr. A. F. Short who in his address spoke of curling in by-gone years and the men who had been the back-bone of the club at that time. He remarked that when he first joined the game here it required \$60. to join the club and \$15 per year for fees. He had no doubt that by energetic leadership and enthusiasm among the curlers the objective they sought to reach this coming summer would be achieved and that Coleman would have a curling rink that would rank among the best.

Several songs were rendered by E. Johnson, A. Wilson, A. Brown and H. Harris with Joe Emmerston, pianist. President Dow called upon Mr. Short to present the prizes and McGilivray Cup to the Rippon rink which had won the league championship. Personnel of the rink: W. L. Rippon, A. Cornes, F. Aboussay and M. McGrath. Skip Rippon replying to the presentation, remarked that he had enjoyed for twenty five years to win the McGilivray Cup and that this year his efforts had been crowned by success. He gave credit to his men for their brilliant play throughout the season. President Dow presented the McGilivray cup to the J. Kerr rink which had won B section of the league. Personnel J. Kerr, G. Jenkins, W. Gate and H. Maslen.

Following the presentations Mr. Short was given a lusty cheer when he promised that in future he would present not only a first prize for the McGilivray Cup but also a second prize.

Visitors Wm. Kerr and Harvey Carmichael gave brief speeches recalling games played at Coleman and the many wonderful evenings spent with local curlers. Both encouraged the local club to go ahead with its ambitious plans for a new rink and both voiced their intention that once the building was up and curling ice ready they would lose no time in coming to Coleman for friendly games.

John D'Appollonia upon being introduced was given a lusty welcome, the curlers starting to sing "He's A Jolly Good Fellow." John spoke in support of the new curling rink. He remarked upon the absence of the old familiar faces but was pleased to see that their places were being taken by young and enthusiastic curlers. He had paid attention to President Dow's figures relating to the rink and would do everything in his power to help.

Other artists on the program included A. Wilson, and A. McQuillan. The evening closed with the singing of "God Save The King."

SPRING IS HERE

Tuesday, March 21, marked the official opening of Spring despite the fact that cold March winds continued to blow and furnaces needed firing.

The past winter has been one of the mildest on record, February being the coldest month and Old Man Winter trying hard to hold on through March. Eleven degrees below zero is the lowest recorded on the International thermometer.

To date no one has reported seeing the first robin or bluebird. Once these harbingers of Spring are seen we can truly say that Spring has arrived.

A SALVAGE RECORD

Scouts of Sylney, N.S. have had charge of Salvage collections in that town for the past two years. In that time they have collected 1,300,000 pounds of needed salvage. This is believed to be a record for all Canada.

Blairmore Youth One of R.C.A.F.'s Best Navigators



FO D. REVIE WALKER, DFC, son of Mr. and Mrs. D. Walker, of Blairmore, who was credited by F.O. W. T. Merrick, DFC, DFM, of the RCAF, stationed at Macleod, as one of the best navigators in the Royal Canadian Air Force.

FO Merrick took part in the famous Mohne and Eder dam bursting raid and was upper-gunner in the plane of WC Guy Gibson, VC, who led the attack.

He gave the Blairmore navigator credit for being responsible for taking the target and following the snatching of the two huge dams, getting the planes back safely to their home base. "He is one of the best navigators in the RCAF," stated FO Merrick.

New Ration Books To Be Distributed Here, March 29, 30

Citizens in Coleman And District Must Secure Books From Antrobus' Office; Distribution To Last Two Days

Citizens of Coleman will receive their ration book No. 4 at Antrobus' office, main street, on Wednesday and Thursday, March 29 and 30 between the hours of 10 a.m. to noon and 2 to 8 p.m. There will be a staff of clerks to aid in distribution. Persons failing to secure their ration books in these two days will not receive a book till April 17.

Study display adv. re ration book distribution elsewhere in this issue.

Formalities, now familiar in obtaining new ration books are: Print name, address, prefix letters and serial number, and age if under 16 on the red application card at the back of ration book 3. Do not detach this card but present ration book 3, intact, at the distribution centre in order to obtain ration book 4. New feature of importance in this campaign is the deadline for application. Late applicants for ration book 4 will not be able to obtain one until April 17.

Do not destroy ration book 3 which contains 10, "F" coupons for canning sugar, not valid until later in the season. It is possible that meat rationing will be resumed, for which meat coupons in ration book 3 may be required.

The Nazi secret weapon says a fresh Swiss rumor, is a 20 ton rocket, 36 feet long and with a range of 185 miles. It is not closed how many of these rockets could ride in Germany.

C.C.F. Candidate Addressed Local Audience Sunday

Speaker Is Candidate For Macleod Federal Riding; In Favor Of Unions (J. A. P.)

The C.C.F. meeting in the Mines hall was attended by about 75 people, with W. J. White as chairman, P. M. Morrison, organizer for southern Alberta, C.C.F., and Rev. W. Irwin of Bellevue were unable to attend, though advertised as speakers.

Robert Wobick, C.C.F. candidate for Macleod Federal riding addressed the meeting, and regretted there had been no delegate from the Crows Nest Pass at the nominating convention.

Being a farmer, and having also been a miner in the silver mines in Utah, he knew something of the difficulties experienced by miners, and deplored the inequalities of the working class in getting a fair means of living.

If elected he pointed out that he would go to Ottawa with a sound policy based on sound principles. He is for an all-out war effort, and for the common man against Fascism. He stated he is a Socialist, and defined Socialism as a form of society by which distribution is served fairly to all. He claimed that the C.C.F. party, if elected is in the best position to set up a Socialist party. He urged his audience to get into politics and support the kind of government they want.

Entirely in agreement with unions, he said same was a necessity with the C.C.F. party. Unions would never be dissolved under the C.C.F. and miners' unions having no say in the mine management, would find this changed under the C.C.F. system. He stated that all state businesses operated by the state made money and the profits of these firms were turned back to the people. He listed several such firms, such as the Alberta Liquor Control Board, and pointed out that the profits of these businesses would be turned back and would be used for the benefit of the common man.

He reminded his audience of the boys who would be coming back after the war, and hoped they would see different Canada than the one they left. Starting in where they left off was not good enough.

In closing he appealed to his listeners for support for his party, and hoped they would organize the C.C.F. in Coleman. No questions were asked of the speaker.

VICTORY LOAN ORGANIZERS ATTENDED CONVENTION AT CALGARY

A convention to study in detail the campaign for the forthcoming Sixth Victory Loan was held at Calgary on Monday and Tuesday last. Provincial Chairman Fred Osborne and his assistant, Mr. Tanner, supervised the convention. The principal speaker was Mr. T. Baldwin, of Ottawa.

Attending the convention from the Pass were Walter Warr and Bob Henderson, of Bellevue, Wm. Chappell of Blairmore, and Frank Aboussay and A. Balloch, of Coleman.

The loan will open on Monday, April 24, with its objective set at \$1,200,000,000.

SPECIAL MEETINGS

conducted by
Lieut. W. L. Longden
of High River, at
The Salvation Army Citadel
Coleman, on

Sun., March 26

At 11 a.m. and 7.30 p.m.
Sunday School at 3 p.m.
Everyone Welcome

Easy to roll, delightful
—to smoke

Qaden's
FINE CUT CIGARETTE TOBACCO

A Survey Of Education

DURING THE TROUBLED times through which we are now passing, there is a general tendency to look ahead, and to hope for a better world when the war is ended. Education is a fundamental factor in social progress, and it holds an important place in any plans which we may make for post-war improvements. A recent report, made by the Survey Committee of the Canada and Newfoundland Education Association, contains some interesting facts concerning our Canadian schools, and points out some ways in which our educational system could be adjusted, to meet the needs of these changing times. There is a very well known saying to the effect that "the children of today are the citizens of tomorrow." With this in mind, outstanding educationalists have conducted a nation-wide survey, the first to be made here. Their report deals with numerous problems relating to our school systems.

Larger School Units Proposed

An adequate program of health service for all children is stressed as a fundamental need. This should include both medical and dental care. It is further proposed that educational opportunities be equalized in all areas, whether rural or urban. Canada at present has 20,610 school administrative units, and of this number 14,692 units employ only one teacher, while 1,430 employ two teachers. These small units represent more than three quarters of the whole, and pupils are taught all subjects from grade one to grades nine or ten in one or two-room schools. Recommendations of the committee in this connection include the suggestion that larger units be set up to afford greater facilities for the children in rural districts, and that pupils living at a distance from the school be provided with transportation or living accommodation in hostels or boarding houses. It is also proposed that as soon as possible after the war, a building program be undertaken to supply necessary new buildings and to repair old ones, and that the number of supervisors and inspectors be increased. "Helping teachers" are suggested to assist class-room teachers, especially in the primary grades.

Many Reforms Are Outlined

In respect to financial matters, the report reveals that the amount of money spent per child per year varies widely throughout the Dominion, the minimum being \$31.70 per pupil, and the maximum \$83.38. The average teacher's salary in Canada is \$782 per year, and 74.9 per cent. of the teachers receive less than \$1,223 a year. This is compared with the average wages of workers in all Canadian industries, which was \$1,207 a year in 1940. The report suggests that the present yearly school expenditure in the Dominion, which is \$146,832,642, be doubled, and that additional annual expenditures be provided for. It proposes that all fees be abolished in elementary and secondary schools; a system of scholarships be set up to enable gifted students to continue their studies; that the average teacher's salary be raised to \$1,321; that the minimum being \$31.70 per pupil, and the maximum \$83.38. The average teacher's salary in Canada is \$782 per year, and 74.9 per cent. of the teachers receive less than \$1,223 a year. This is compared with the average wages of workers in all Canadian industries, which was \$1,207 a year in 1940. The report suggests that the present yearly school expenditure in the Dominion, which is \$146,832,642, be doubled, and that additional annual expenditures be provided for. It proposes that all fees be abolished in elementary and secondary schools; a system of scholarships be set up to enable gifted students to continue their studies; that the average teacher's salary be raised to \$1,321; that the minimum being \$31.70 per pupil, and the maximum \$83.38.

"I've found I can give up dosing!"

"I've found a far better way to correct constipation! One that gives me the kind of lasting relief I've always wanted, and never got, from harsh pills and purgatives. I've tried everything, but it's KELLOGG'S ALL-BRAN regularly for me from now on." Such a happy experience is just one of thousands



among people who have tried KELLOGG'S ALL-BRAN for constipation due to lack of "bulk" in the diet. ALL-BRAN corrects the cause of such trouble, by supplying "bulk-forming" material needed for easy, natural elimination! If this kind of constipation has plagued you, try eating KELLOGG'S ALL-BRAN regularly, or several ALL-BRAN muffins every day. Drink plenty of water. See if you don't find its welcome relief! Get ALL-BRAN at your grocer's! 2 convenient sizes. Made by Kellogg's in London, Can.

BRIGHTENED BERLIN

The London Daily Sketch says Lord D'Abernon when he went to Berlin as our first ambassador to the Weimar Republic after the last war, spent a great deal of money trying to make the place comfortable. It was during his time there that the front of the Embassy was given a coat of bright yellow paint—much to the astonishment of Berliners.

At every royal command performance in England, the stagehands must appear in evening dress and white gloves to shift scenery about.

JUST PAT ON
SLOAN'S
LINIMENT
for stiff, aching joints

HEMORRHOIDS

2 Special Remedies
by the Makers of Mecca Ointment
Mecca Pile Remedy No. 1 is for Protruding Piles, and is sold in Tube, with pipe, for internal application. Mecca Pile Remedy No. 2 is for External Piles. Sold in Jar, and is for external use only. Price 50c. Order by number from your Druggist.

Telephone Of Future

Will Be Self-Answering With Device For Taping Messages

A telephone that will answer itself and talk back to you when you come home was predicted by Bell Telephone Laboratories Inc., in New York for after the war.

The self-answering phone uses a recording device, usually a magnetic record on a steel tape, from which messages can later be erased by passing the tape between two poles of a magnet, thus permitting it to be used again and again.

If nobody answers the phone, the caller can start talking to the tape. When the person called comes home, he picks up the receiver and the message is "played" to him.

A variation of this device already in use records a two-way conversation for permanent records, but somebody has to pick up the receiver to make it work.—Newsweek.

WHAT'S IN A NAME

The city council of Briefley Hill, Eng., advertised for a rat catcher at a salary of £5 a week, but got no response. The council decided to try again, but advertised this time for "a rodent operative"—and got one at £4 10s a week.

Winds "veer" when they change in clockwise direction.

Out To Win

And President Of Britain's Board Of Trade Expects Co-operation

Hugh Dalton, president of Britain's Board of Trade, has slowed down more wheels than any other man in Britain. These were the wheels that produced peacetime goods; and he started them spinning again in factories rapidly equipped for war production. The long sequence of decisions framed by him has had more effect upon the lives of men, women and children in Britain than the edicts of any other Minister with the exception of Lord Woolton, says Augustus Muir in "Britain". But if anything is notable for its absence it is a grumble about the Dalton austerity drive. Mr. Dalton is out to win the war and he expects every member of his staff to keep pace with him. He sleeps in a room next door to his office and he is back at his desk after dinner at night. Seldom does he retire to his country house for a brief week-end; seldom does he see Mrs. Dalton, whose own hands are full with important war work. Before he took office as President of the Board of Trade, Mr. Dalton controlled the Ministry of Economic Warfare. He is an acknowledged expert in foreign politics and international trade relations. He served in France and on the Italian front in the last war, receiving a decoration for valor.

BACKACHE? Look out for Trouble With Your KIDNEYS

If your back aches or if you have disturbed sleep, burning or smarting, look out for trouble. This condition is a sure sign that your kidneys are not fully ridding your blood of poisonous acids and wastes. When the kidneys slow up, wastes collect. Backache, dizzy spells, puffiness and rheumatic pains may follow. Your kidneys need help—and there is a time-tried, proven way to help them known as GOLD MEDAL Haaren Oil Capsules. These Capsules contain carefully measured quantities of that widely known diuretic called Dutch Drops. You will find their action fast and effective. Be sure you get GOLD MEDAL Haaren Oil Capsules, the genuine and original Dutch Drops—packed in Canada. Get a 40c package from your druggist.

GEMS OF THOUGHT

TRUST

It is better to suffer wrong than to do it, and happier to be sometimes cheated than not to trust.—Samuel Johnson.

To be trusted is a greater compliment than to do it, and happier to be sometimes cheated than not to trust.—George MacDonald.

Trust Truth, not error; and Truth will give you all that belongs to the rights of freedom.—Mary Baker Eddy.

We do not trust God, but tempt Him, when our expectations slacken our exertions.—M. Henry.

An undivided heart, which worships God alone, and trusts Him in it should, be raised above all anxiety for earthly wants.—Geikie.

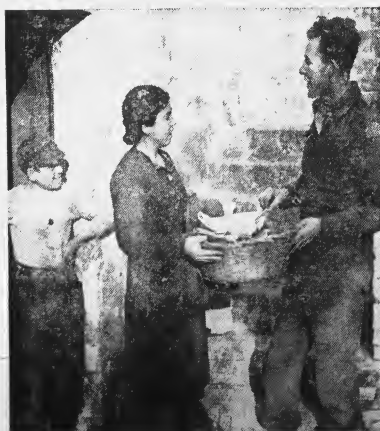
The stars come nightly to the sky. The tidal wave comes to the sea. Nor time, nor space, nor deep, nor high.

Can keep my own away from me.—John Burroughs.

JUST ONE MATCH

One match dropped carelessly in the pine needles of a national forest may do more property damage than hundreds of incendiary bombs dropped by a fleet of enemy planes.

Italian Girl Washes Canucks' Clothes



On excellent terms with the inhabitants are the Canadian troops in Italy. Here Pte. Roney Nagel of Leaser, Sask., gets his laundry done by the Italian girl who washed it for him.

Price Control And Rationing Information

Q.—It seems that the chocolate bars these days aren't to be compared with those we used to buy in size and get the price is the same. Shouldn't there be a law prohibiting candy manufacturers from reducing the size of their bars?

A.—The Wartime Prices and Trade Board does control the weights of chocolate bars. All types of bars must weight just as much as they did during the basic period, in the fall of 1941. Here are the weights that were fixed: One and a half ounces for a moulded plain or milk chocolate bar. One and a quarter ounces for a moulded plain or milk bar with other ingredients. One and three quarter ounces for a chocolate-coated bar with a confectionary centre. And two ounces for a confectionary bar that is not chocolate-coated.

Q.—How can I obtain a ration book for new-born babies?

A.—To obtain the ration book for new-born babies, you must make application to your local ration board, bringing with you either the child's birth certificate or baptismal certificate.

Q.—What should be done with ration books belonging to persons who have died?

A.—If a member of a household dies, his or her ration book must be turned in to the local ration board immediately by the legal representative of the deceased, or by some member of the household.

Q.—I am about to move into a new home shortly, and yesterday on talking to the tenants who are moving out, I find that the landlord is charging me a higher rent than they have been paying. What should I do?

A.—If you are sure of your facts, I would suggest that you take the matter up with your landlord and try and get the matter adjusted between yourselves. If you can't get satisfaction this way, then I suggest you get in touch with the Rentals Administration, Wartime Prices and Trade Board, which will be located in the capital city of your province.

Q.—As a "war bride" newly arrived in Canada, how should I go about getting a ration book?

A.—Please apply to your local ration board, which will deal with your request.

Please send your questions or your request for the pamphlet "Consumers' News" or the Blue Book (the book in which you keep track of your ceiling prices) mentioning the name of this paper to the nearest Wartime Prices and Trade Board office in your province.

If You Want RELIEF FAST from that COUGH, COLD BRONCHITIS, ASTHMA Take... BUCKLEY'S MIXTURE It's All Medication No Syrup—

IT'S BETTER IT'S BUCKLEY'S THAT'S WHY

To-day, as always, the 'Salada' label is your guarantee of a uniform blend of fine quality teas.

"SALADA" TEA



HEALTH LEAGUE OF CANADA

Speaking Of Breakfast!

There are breakfasts AND breakfasts! Is yours one that will give your body the best possible start for the day's work and recreation that lies ahead—or is it merely the cup of coffee that gives brief stimulation without providing energy and stamina? To start the day without breakfast is like trying to run an automobile without gas or oil. If we slight breakfast, it is almost impossible to secure a sufficient amount of food, and the recommended daily amounts of those important food essentials at the other meals. Someone has stated that "if more children ate an adequate breakfast before coming to school, we would see more A's on the report cards and fewer A's in the register because of illness."

An adequate breakfast is a nourishing meal that will supply the foods which you are not apt to eat in the other meals, and also is a meal that is substantial in "breaking the fast" and supplying energy for a new day. An adequate breakfast also contains the energy-giving foods and the regulating foods. It should supply about one-fourth of the total calories, and should always be considered in planning the day's meals as a whole.

Growing children need to have fruit or fruit juice, a cooked whole-grain cereal, occasionally interchanged with a ready-to-eat cereal, an egg, toast, and all the milk they can drink.

Remember that good breakfasts get the day off to a good start.

Haile Selassie

Art Of Cooking Taught Negus By United States Woman

Haile Selassie, Negus of Abyssinia, and his wife have developed a liking for American strawberry tarts—all because of Mrs. Della Hanson of Hutchinson, Minn. Grey-haired, middle-aged Mrs. Hanson also has introduced the Negus and his family to other delights of American cookery such as planked steaks, apple pie, and occasionally ice cream.

The Cairo French daily "Journal d'Egypton" writes, "Herbert Hanson and his wife, Della, arrived at Addis Ababa about 10 years ago to take their place among the missionaries of the Seventh Day Adventist Church. They stayed in the country despite the Italian invasion and devoted their energy to healing wounded Abyssinians. They returned to Addis Ababa when the British forces entered the capital."

When Haile Selassie returned to his throne he needed a housekeeper, and Mrs. Hanson accepted the job. She immediately began supervision of the emperor's five cooks and introduced such strange dishes as potato salad.

Mrs. Hanson also buys the Emperor's dresses.

A Good Idea

Bridge Built By Eighth Army Sappers Named Ponte Monty

To the accompaniment of singing by a choir formed mainly of Welshmen, Eighth Army sappers recently completed their greatest bridge-building feat of the war. About 380 of them, with 100 laborers, flung a 1,200-ft-long steel bridge across a river in 10 days. At night the men, who hailed from all parts of the Empire, worked under floodlights with officers always ready to switch them off at the approach of enemy aircraft. Gen. Montgomery watched the early stages of the building. Once he put his shoulders to a girder to help move it into position. "That suggests the name for the bridge, sir," said an officer standing by. "What's that?" asked Montgomery. "Ponte Monty," said the officer. That is not the official name of the bridge, but throughout the Eighth Army it is known as Ponte Monty, reports the London Daily Herald.

SCHARNHORST BATTLE

The problem in the last battle with the "Scharnhorst" was to get her within range of the "Duke of York's" 14-inch guns. The courageous attack of three British destroyers against the much heavier guns of the "Scharnhorst" achieved this end. This makes a remarkable contrast with the German destroyers accompanying the "Scharnhorst" who made off and took no part in the action.

When Russians asked a captured German where his division was he said, "I'm the division." The rest of it had something to do with subtraction.

In the Yukon gold rush many years ago, miners paid \$10 each for eggs.

CHILDREN'S COLDS

FOR DIRECT RELIEF from miseries of colds—coughing, phlegm, irritation, clogged upper air passages—throat, chest, and back with Vicks VapoRub. Its polio- and vapor action brings relief without dosing.

ALSO FOR HEAD COLD "sniffles," melt a spoonful of VapoRub in hot water. Then have the child breathe in the steaming vapors.

VICKS VapoRub

Food Rationing

Will Continue For Some Years Says British Food Minister

British Food Minister Col. John L. Llewellyn made an audience of women in London gasp when he told them food rationing would continue for some years after the end of the war.

Explaining the necessity for the continuance of rationing, the minister said: "You cannot take a lot of able young men off farms, not only here but in Canada, the United States, Australia and New Zealand, deprive the land of fertility, and expect farm production to be kept up."

BURGESS

Builds good BATTERIES

Today, users of radio battery sets value more than ever the extra quality built into BURGESS.

For RADIO, FLASHLIGHT and IGNITION

MADE IN CANADA AT NIAGARA FALLS

Ask for BURGESS

MADE IN CANADA AT NIAGARA FALLS

HAVENT SLEPT A SINGLE WINK. ALTHO I'VE TRIED MY BEST. WISH I HAD SOME MILES NERVINE TO HELP ME GET MY REST



Do your worries often keep you awake at night? And does this restlessiveness make you feel "all in" the next day? Noise, anxiety, overworking or working under pressure can affect the nerves... may make you sleepless, cranky, nervous, cause nervous headache or nervous fear.

Dr. Miles Nervine helps relieve nervous tension because it is a mild sedative. Take it according to directions to help calm your nerves and to improve your sleep. Effervescent Nervine Tablets are 50c and 75c. Nervine Liquid is 25c and \$1.00.

DR. MILES NERVINE

FIVE BRITISH NAVAL SLOOPS PRAISED BY ADMIRALTY FOR GREAT VICTORY IN ATLANTIC

LONDON. — Five British naval sloops have scored the war's greatest single-patrol victory of the Battle of the Atlantic by sinking six U-boats within 20 days, the admiralty announced in acclaiming the triumph as a modern Battle of Trafalgar.

Five of the undersea marauders were sent to the bottom of the north Atlantic with their entire crews and the sixth victim's crew of 51 was captured before it was sunk by gunfire after having been driven to the surface with depth charges.

Only one of the light, speedy craft failed to return from the record cruise—H.M.S. Woodpecker—which foundered in heavy weather after suffering a torpedo hit. Every member of her crew was saved.

The four surviving sloops returned to Liverpool recently to a gala welcome. A. V. Alexander, first lord of the admiralty, told the 800 officers and men of the victorious sloops Kite, Margie, Starling, Wildgoose and the ill-fated Woodpecker that theirs was the greatest cruise perhaps ever undertaken in this war by an escort group.

"If you take for example any victory you secure over a great pack of U-boats that have from time to time numbered as many as 20 or more you are, in fact, in the Battle of

Trafalgar, and pitting more deadly weapons from our side against more deadly weapons from the other side than was possible at that time. . . .

"Well done, jolly well done. Thank you so much and God bless you."

The victory in which Hitler lost some 300 of his depleted U-boat personnel was scored by vessels which average little more than 1,000 tons apiece and have an average complement of 125 officers and men. They are usually armed with only four-inch anti-aircraft guns, and the tremendous crushing power of their depth charges to hunt down and break up submarine packs.

Alexander had special praise for Capt. F. J. (Johnny) Walker, D.S.O., with two bars and the Royal Navy's champion U-boat killer, who led the patrol on its 6,000-mile cruise. His group has accounted for 17 enemy submarines sunk and others damaged.

The first of the six kills was made 300 miles southwest of Ireland, and all were made on U-boats either lurking near or stalking Allied convoys.

Others of the wolf-pack gangs were damaged by the little sloops, but the cautious admiralty credited victories only when great areas of oil and wreckage arose after a pattern of depth charges had shaken the depths of the Atlantic.

MUTUAL AID AGREEMENTS WILL SERVE TO CEMENT MUCH CLOSER RELATIONS AFTER THE WAR

OTTAWA. — Mutual aid agreements with Britain, Russia and Australia, tabled in parliament by Prime Minister King, contained terms to show that Canada's material assistance to her allies in this war would serve to cement closer economic relations after the war.

This mutual aid, as one of Canada's weapons for victory, will become a weapon for prosperity in the future.

Other agreements are being negotiated with China and the French National Committee of Liberation along similar lines.

The Canadian government wrote into its mutual aid agreement a clause comparable to section seven of the master agreement of the United States lend-lease act, which binds countries receiving lend-lease to promote mutual economic advantage after the war.

The Canadian agreement, in clause "X" of the treaty with Britain and Australia, and clause "IX" in the Russian treaty reads as follows:

"The governments re-affirm their desire to promote mutually advantageous economic relations between their countries and throughout the world; they declare that their guiding purposes include the adoption of measures designed to promote employment; the production and consumption of goods; and the expansion of commerce through appropriate international agreements on commercial policy, with the object of contributing to the attainment of all the economic objectives set forth in the declaration of August 14, 1941, known as the 'Atlantic Charter'."

Reference to the Atlantic Charter was article "V" of that declaration which stated the objective to be: "The fullest collaboration between all nations in the economic field with the object of securing for all improved labor standards; economic advancement, and social security."

The new mutual aid agreements did not specify amount or value of material assistance to be furnished to Britain, Russia and Australia this year: in Canberra, Hon. H. V. Evatt, minister of external affairs for Australia, disclosed that his country expected to receive from \$85,000,000 to \$100,000,000 annually.

The total amount of mutual aid to be provided by Canada in 1944-45 is expected to be \$600,000,000, a reduction from the billion dollar figure appropriated last year.

The agreements with Britain and Russia were signed on Feb. 11. The Australian agreement was signed only on March 9.

Canada's mutual aid agreements were drafted in order to leave no doubt of the precise post-war obligation inherent in the goods and materials supplied by this country; this, as much as the avoidance of a war

debt in money terms, is expected to reduce the possibility of future disputes. There will be, as Mr. King said, "no indeterminate obligations."

The agreements provide that ships, supplied by Canada will be returned; that supplies on the way when the war ends, may revert to Canada; that serviceable aircraft and automotive equipment may be returned, and that serviceable supplies could be, at Canada's direction, transferred to relief purposes, or to Canada's forces.

In all this there is no commitment required to return any supplies that are consumed by an allied country receiving mutual aid from Canada.

In a statement to the house Mr. King said "The Mutual Aid Act was based on a realization that the provision of materials to the common cause was no less vital and no less a duty than the provision of fighting men."

All three agreements are similar in substance and based on the same preamble which declares it is desirable that war supplies be distributed among United Nations in accordance with strategic needs of war, that conditions of providing supplies should not be such as to burden post-war commerce, lead to the imposition of trade restrictions or otherwise prejudice a just and enduring peace.

Princesses Attend Wedding



Princess Elizabeth and Margaret Rose leave Westminster Abbey through an arch of crossed swords following the wedding of Lady Ann Spencer, cousin of Prime Minister Churchill, to Lieut. Wake-Walker, son of the third sea Lord, at which they were guests.

PASSED OBJECTIVE

Net Amount Of February War Savings Stamp Drive \$3,055,188

OTTAWA. — Finance Minister Isley announced in the commons that the food industry's February war savings stamp drive netted \$3,055,188, about 53 per cent. more than the objective.

"Never before in the history of war savings have so many stamps been sold in a single month," he said. "The success of this campaign has been a stimulant to the war savings effort."

FISHERY RESEARCH

Would Establish A Station In Western Canada

WINNIPEG. — Establishment of a fishery research station in western Canada will be sought by prairie province representatives at a federal fisheries conference in Ottawa, April 11. Resources Minister J. S. MacDermid said here. He said a fishery station could deal with problems of conservation and propagation of freshwater fish and utilization of waste products from the industry.

Major Triquet And Family



There is no prouder family in Canada right now than that of Major Paul Triquet, of Cahano, Que., who has been awarded the Victoria Cross, highest award for valor in the British Empire. His wife and two children are shown above, with Yolande, 8, on the left, and Claude, 10, on the right. Mrs. Triquet, centre, is the former Alberta Chenier of Ottawa. The picture of Major Triquet was taken when he was a regimental sergeant-major with the Royal 22nd Regiment.

Two Keen Soldiers And A Gun



Gen. Dwight D. Eisenhower, supreme commander of Allied invasion forces for the invasion of western Europe, and Gen. Bernard L. Montgomery, commander of British ground forces for the big job, examine a rapid-fire carbine during Allied tank manoeuvres in Britain.

EVERY NATION WOULD SHARE IN FUTURE WORLD AIR TRAFFIC ACCORDING TO PROPOSED PLAN

OTTAWA. — Details of a draft convention to govern world aviation development proposed by Canada were disclosed in parliament by Hon. C. D. Howe, minister of munitions and supply. The proposal was seen immediately as an important contribution to air policy discussion which will be resumed by Canada, Britain and the United States in Washington shortly.

The proposed convention would replace all existing international air conventions, including that drawn up at Paris in 1919, and signed by victor nations there. The Canadian proposal is based on the principle of allowing all nations, large and small, a share in future world air traffic in proportion to their standing as air powers.

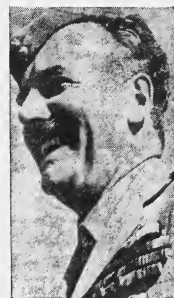
It did not rule out possible pooling of international air services among British nations or other groupings; it would reserve all trans-frontier air services, such as those between Canada and the United States for the countries concerned.

Mr. Howe linked Canada's proposal directly with efforts to establish a permanent system of security in the world. It would establish a world air assembly in which all nations would have membership if they signed the convention. A board of 12 members would be formed, and each member would have voting power corresponding to the importance of air transport matters of the nation he represented. Number of votes might range from one to six per country.

For particular regions, regional councils would be set up. Each country would have full authority over its own airlines. Once a government had approved an application for a licence to fly on an international route, the application would be dealt with by the world authority. This authority would attempt to secure uniform air relations around the world.

Mr. Howe served notice that Can-

Asia Air Chief



This genial officer is British Air Marshal Sir John Baldwin, commander of the southeast Asia command tactical air force. The air force played a big part in the recent Allied successes in Burma.

ada "does not consider applications from airlines of another country unless forwarded by the government of that country through diplomatic channels," after noting that the United States civil aeronautics board is considering hearings on applications for services from the United States to Canada.

"Any new services on a commercial basis between the two countries cannot be initiated without the consent of the two governments," he said, "and any development of such services will require a reconsideration of the existing arrangements between the two."

T.C.A. he said, was planned as "a non-competitive, non-profit system" to "avoid the duplication of services that were the outgrowth of competitive building for profit in the field of surface transportation." A second coast-to-coast service would be wasteful and unjustified.

ARRANGEMENTS MADE FOR DELIVERY OF WHEAT OWNED BY THOSE WHO HAVE LEFT FARMS

OTTAWA. — Trade Minister MacKinnon announced arrangements have been made for the delivery of prairie "orphan wheat"—that is wheat owned by persons who have left their farms and are unable to deliver the grain under existing quota regulations.

Under an order-in-council, the Canadian wheat board has been authorized to take delivery from producers who were producing wheat in the crop year 1942-43 or in any prior year, and who have sold or otherwise disposed of or terminated their interest in farm lands operated by them, and who are not now engaged in farming operations. The

wheat must have been produced prior to the disposal of the producer's interest in the land before it may benefit under the regulations.

At points where the delivery quota now is more than 10 bushels per authorized acre, the wheat board will take delivery of "orphan wheat" without regard to quotas. The delivery quota now is 10 bushels at practically all prairie points.

Payment will be on the usual basis of \$125 a bushel for No. 1 Northern in store at Port William.

Any person who delivers wheat under the order will not be eligible to receive a permit for the delivery of grain in the crop year 1944-45.

MEAT SHIPMENTS

Are Taking Every Advantage Of Shipping Facilities

OTTAWA. — Overseas shipments of meat from Canada at present are believed to be making records and every advantage is being taken of shipping facilities because of the danger that less space may be available later on, agriculture department officials said.

The shipping situation had improved recently, but there still were insufficient vessels to move the vast supplies of pork and beef being marketed in Canada.

Officials said their experience had been that shipping space varied, with heavy movement possible one week but only limited supplies accommodated the next and they had no assurance the recent improvement would continue.

Authorities agreed that even the recent good movement of meat overseas had been insufficient to warrant any change in the recent suspension of meat rationing. Rationing was suspended on Feb. 29 when surpluses began to pile up in Canada due to inability to ship overseas all meat available.

Continued heavy marketings and shipping limitations have led to renewed suggestions that the United States market be opened to Canadian beef cattle by lifting the present embargo on such shipments.

AIR WARFARE

R.A.F. Has Dropped 275,996 Tons Of Bombs On Enemy Territory

LONDON. — The R.A.F. bomber command dropped 275,996 tons of bombs on enemy territory from the start of its appreciable operations on May 1, 1940, to Dec. 31, 1943, the latest compilation showed.

The United States 8th air force dropped 51,520 tons from the start of its operations in August, 1942, to Dec. 31, 1943, and the German air force dropped some 70,504 on Britain at the height of its attacks beginning on July 1, 1940, to Dec. 31, 1943.

Germany bore the brunt of the R.A.F. attacks, receiving 227,696 tons during the period.

MARINE INSURANCE

LONDON. — New cargo war risk insurance rates with a blanket reduction of 25 cents per \$100 valuation for voyages between United Kingdom and North American destinations were announced, effective on British, Allied and neutral steamships March 15. The new rates reflect Allied successes against the U-boat.

FOOD FOR GRECE

STOCKHOLM. — The newly finished motorship "Svea" built by the Gota Works in Gothenburg will be used by the Red Cross to carry food from Canada to Greece.

We've agreed on a concerted plan to break the force of enemy arms. Let's agree next on concerted thinking to break the force of un-Canadian ideas.

LADIES' 2-PIECE

Dress Suits

Print and Plain, all sizes

Spring Coats

all shades and sizes

PURSES

all designs

KWASNIE'S

Italian Block
Main Street Coleman

- Spotighting -



SAPPER THOMAS SUDWORTH

Son of Mr. and Mrs. David Sudworth. Born in Coleman, May 2, 1920. Educated at local schools. Enlisted in active army May 29, 1941. Trained in eastern Canada. Went overseas Sept. 29, 1941. At present based in England.

A Thumbnail Biography presented by

The Friendly Store
MEATS and GROCERIES
Phone 13 Coleman

DIRECTORY

BUY from those firms whose cards appear under this heading. They are loyal supporters of Coleman institutions and merit your business.

SUMMIT LODGE

No. 30, A. F. & A. M.

Regular meetings held first Thursday of each month at 8 p.m. Visiting Brethren cordially invited.

N. E. MacAulay, W. M.
Maurice W. Cooke, Secretary.

Grand Union Hotel

Modern Fully Licensed
Coffee Shop In Connection
L. S. RICHARDS — Manager

MODERN ELECTRIC

RADIO REPAIRS—
RADIO TUBES—
FREE TESTING—

Electric Wiring and Alterations
Westinghouse Dealer

EAT AT

COLEMAN CAFE

BEST MEALS IN TOWN
CLOSED EVERY MONDAY
Open Tuesday to Sunday
Hours: 6 a.m. to 10.30 p.m.



J. M. CHALMERS
Jeweler

Cigarette Fund Notes

Received cigarettes, many thanks. Have been getting them regularly and appreciate the splendid work your organization is doing. —S. Mysyniuk.

Dear Friends: Received the 600 Xmas cigarettes O.K. Many thanks. Was with Frank Kilgannon and Jack Bell a few nights ago. Was also talking to Nursing Sister Mae Moores. Regards to all. Am getting The Journal now so get all the doings of the old home town—O. Barringham.

Dear Sirs: Received your welcome letter the other day. Appreciate receiving cigarettes and will in future send back acknowledgment card. Am in Italy now and it really does get cold. Best regards to all. Ross Foster.

Dear Comrades: I received your most welcome Xmas parcel and thank you very much. I am now in Italy right where the bombing is going on and I must say that with rain, snow and frost it reminds me of one large swamp.

A funny thing over here is that your money is useless as there is not a thing you can buy with it and you get along as well without money as you do with it. I am driving a lorry and have seen much of the country. A bow-chain is your best friend here. I have not met any of the boys from home but I see by The Journal and from mother's letters that there are a few here and I am hoping to meet them soon. Best regards.—L. A. Caroe.

Dear Friends: Many thanks again for the cigarettes. They bring back many pleasant memories and thoughts of my friends in Coleman and are doubly appreciated.—R. E. Bowen

Dear Friends: Received your carton of cigarettes and many thanks. Hoping to get home some day soon and best wishes to all. —J. H. Campbell.

Dear Friends: Received cigarettes at my base over here in northern Ireland. Appreciate them more than word can express. Had a letter from O. Barringham. No Coleman boys here but there's a chap by the name of Bourne, from Blairmore. Best regards—Tex. Larrymore.

Dear Sirs: Thanks a lot—Cpl. Kroening.

Hon. Solon Low Issues Statement

In order to clarify further the situation respecting the distribution of beer in Alberta, I find it necessary to emphasize that all the available beer which the breweries can supply will be released to the public immediately.

The breweries have been caught unawares by the sudden reversal of policy on the part of Prime Minister Mackenzie King, and, although well stocked with brew, it must age beer for at least three months. Therefore, it may be a month or two before existing quotas may be raised.

The brewers have informed us

that their output for March will be about 230,000 dozen pints. That will mean that there will be one dozen pints available for each of the 226,305 permit holders registered on March 11, and an additional number who may register before the end of the month. Under normal conditions based on the average number of permit holders, we would be able to increase the quota to two dozen pints per permit holder.

Increase in quotas of draught beer to hotels may be about 10% in April as compared with an immediate increase of much larger percentage of bottled beer to permit holders.

Restrictions on bottle tops are still enforced by the metals controller and breweries are limited to 80% of their 1943 supplies so this condition may likewise restrict somewhat the supply of bottled beer until such time as these restrictions are lifted.

Hon. Solon E. Low,
Provincial Treasurer.

Open Season on Muskrats

The Game Branch, Department of Lands and Mines, is declaring an open season on muskrats, during the period March 15th to April 29th, both dates inclusive, in that part of the Province lying to the south of North Saskatchewan River. The trapping must be done on a Limited Trapper's Licence, the fee for which is \$2.00 and obtainable from any Royal Canadian Mounted Police detachment or Game Guardian in the area. The licence will permit any person who is the owner, purchaser under an Agreement for Sale or lease of land in that part of the Province lying to the south of the North Saskatchewan River, which land is used for farming or ranching purposes, as well as any member of such person's immediate family, such as a parent or a child over the age of sixteen years actually residing on the land or some part thereof, to trap muskrats on his own land or adjoining land. The shooting or spearing of muskrats is prohibited.

The Danger of Government Controls

Here is an example of how government control, though necessary in wartime, would lead to curtailment of enterprise and development if exercised in normal times:

The paper controller issues a permit for the use of a stated quantity of newsprint for newspapers, stating this permit may be revoked at any time. If this were carried out because a newspaper incurred the censure of the government in criticizing its policies, one can easily see to what a dangerous extent controls might be exercised.

On the other hand, the present control measures will prevent unnecessary use of newsprint, though in many other grades of paper there is still a lamentable waste, judging by the printed and mimeographed matter that comes through the mail, most of which is thrown into the waste basket unread.

It's Queer

When He Can Have Life
Insurance,

The Average Man Doesn't Want It

And When He Needs It

He Can't Get It.

Adam Wilson

GENERAL INSURANCE

Phone 173w Coleman, Alberta
LIFE, FIRE, SICKNESS & ACCIDENT, AUTOMOBILE

"Prepare
A headmaster from Birmingham says that days before evacuation was due he told pupils why they should go, what they should take, how they should behave.
"How long is it for?" one lad asked.
"Perhaps for the duration," said the head.
Whereupon up shot the hand of a bright thirteen-year-old with a broad smile and very smooth chin.
"Please sir, hadn't we better take a shaving kit?"—Exchange.

BAKING POWDER?

Buy the Tin
with the
Blue Ribbon
on it!



**BLUE RIBBON
BAKING POWDER**
Ensures Baking Success

Hold Your Victory Bonds

Mr. Msley has recently released figures covering Bond purchases in the Fifth Victory Loan Campaign. Patriotism has been shown in acquiring these Bonds, so it is of utmost importance that they be retained by the purchasers.

The money which you have invested is used in innumerable ways which make it possible to retain our democratic way of life. It provides ammunition for our fighting sons and brothers with which to protect their lives and ours. It provides clothing and food as well as the implements of war; it provides credit which makes it possible for Canadians to take their rightful place in the markets of the world.

In totalitarian states, you are not asked to invest your spare dollars. They are taken from you at will and you are given no assurance that you will ever get them back, whereas in Canada, all the resources of the land are pledged as the NATION'S BOND to return your money—with interest—when it has served the purpose for which it was invested.

When you hold your Bonds for maturity, you are also making your dollars fight for you on the HOME FRONT. INFLATION is one of the most formidable enemies here. The equal distribution of necessities of life is being controlled to a greater extent in Canada than almost any other warring nation. This is largely due to the fact that the majority are behind the war effort, not only lending their dollars, but also the lives of their loved ones. Your Bond dollars help to maintain the level of life which we are enabled to live. Withdraw them and contribute to inflation—withdraw the assistance of your fighting sons and brothers and contribute to defeat. In short—HOLD YOUR BONDS, they are as strong as the Nation.

This space donated by

McGillivray Creek Coal & Coke Co., Ltd.

and

International Coal & Coke Co., Ltd.

At a Glance...

ALBERTA'S LIQUOR SITUATION

The Alberta Liquor Control Board is faced today with the old mathematics of trying to supply more than double the number of permit holders with heavily curtailed liquor quotas. Greater demand rather than reduced supply is mainly responsible for the situation.

AVERAGE NUMBER
of PERMITS ISSUED
1937-1941 inc.

130,000 PERMITS



REPRESENTS
50,000
PERMITS

REPRESENTS
50,000 GALS.
LIQUOR.

BASE YEAR

ISSUED

198,000 PERMITS

LIQUOR BOARD

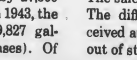
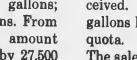
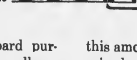
PURCHASED

242,611 GALLONS

ACTUAL

SALES

215,111 GALLONS



The Alberta Liquor Control Board purchased in 1942 base year, 242,611 gallons; actual sales in 1942—215,111 gallons. From these figures it is seen that the amount purchased was in excess of sales by 27,500 gallons, which went into stock. In 1943, the Alberta quota for liquor was 169,827 gallons (70 per cent of 1942 purchases). Of

this amount, only 157,009 gallons was received. Thus, the province received 12,818 gallons less than it was allowed under its quota.

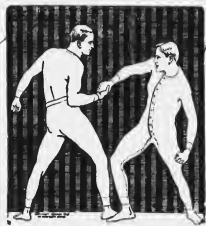
The sales for 1943 totalled 218,207 gallons. The difference between the amount received and the amount sold was made up out of stocks on hand.

ALBERTA LIQUOR CONTROL BOARD

JOHN A. KING,
Chairman.

Of Course
Laborer: "I dug this hole where I was told to and began to put the dirt back like I was supposed to. But all the dirt won't go in. What'll I do?"
The supervisor pondered, and then said: "I have it. There's only one thing to do you'll have to dig the hole deeper." —Exchange.

The phone rang recently in the press room at the White House. A reporter who picked up the receiver, heard a Negro voice say, "Hello—this Dociah Brown?"
"No," answered the reporter. "This is the White House."
"O—oh!" There was an awed silence and then: "Pahdon me, wrong numbah, Mitsah President!" —Quote.



Men's Fleece-lined Underwear

Shirt and Drawers and Combinations

also
BOYS' COMBINATION FLEECE-LINED UNDERWEAR

We have just received a shipment of
MEN'S COTTON RIBBED COMBINATIONS

LADIES' SPRING COATS

New shipment just arrived, priced from
\$12.50 to \$24.50

Charles Nicholas

"The Family Clothier"

Main Street, Coleman

FIRTH BROS. Easter Suit Samples

— JUST ARRIVED —

Priced at \$32.50 to \$50.00

— FIT GUARANTEED —

BEST

CLEANING, PRESSING AND ALTERATION PLANT
IN THE PASS

Coleman Tailor and Cleaners

Telephone 85

Free Pick-Up and Delivery

Eyestrain Time is Here!

PROTECT YOUR EYES WITH



EDISON MAZDA LAMPS

CANADIAN GENERAL ELECTRIC CO. LIMITED

Hold on, Little Fella—we're coming!

Yes, babies have felt the impact of war just like the rest of us. These big troubles have been the diaper change. It's been difficult. But we're beginning to see the light. Our babies are busy because our homes were busy making hundreds of vital military uniforms. But we're beginning to see the light. Our babies are busy because our homes were busy making hundreds of vital military uniforms. But we're beginning to see the light. Our babies are busy because our homes were busy making hundreds of vital military uniforms.

DOMINION TEXTILE COMPANY LIMITED
"Children's Shirts, Towels and Pillow Slips and Many Fabrics Filled with Love"

Journal Can Make Use Of A Few More Soldiers' Pictures

A few weeks ago we asked for a number of soldiers' pictures to be used in the Spotlight series. We received sufficient to carry on the series for a few months. However pictures are still being received and it has been decided to send another lot to the engravers. Since we must ship pictures in lots of ten or more, persons wishing to have their son, husband or daughter "spotlighted" are asked to bring a picture, accompanied by a brief sketch of their subject's civilian activities plus military records, to The Journal office within the next few days. The pictures will neither be soiled nor damaged while in the hands of The Journal or engravers.

Conviction Under Selective Service Ruling

In the first prosecution of the Crow's Nest Pass area for violation of Selective Service regulations requiring work permits as a pre-requisite for employment, Magistrate Antrobus on March 21 imposed a fine of \$25.00 and costs on Charles Sartoris, Proprietor of the Sartoris Lumber Co. of Blairmore, Alberta.

The charge arose from the action of accused in that he employed a person who did not have a permit for such employment from a Selective Service officer.

Employers should, by this time be familiar with the regulations and an employer who hires help without first securing a permit frustrates the equitable distribution of available man-power.

LOCAL NEWS

Mrs. E. Franz has as her guest her grandson from Lethbridge.

Mrs. E. Franz visited at Lethbridge during the week-end.

Mrs. V. Cerny was a Calgary visitor during the week-end.

FOR SALE: Several houses. Apply Mrs. S. Milley, Second Street east.

Tommy Rose spent a short furlough with relatives here last week.

Mrs. Harrison, of De Winton, is the guest of her parents, Mr. and Mrs. B. Grant.

Miss Eileen Kennedy spent the week end at Bellevue, the guest of Mrs. K. Blake.

Mrs. Jack Houghton, senior, will celebrate her 74th birthday on Saturday, March 25.

Mrs. M. Tondini, of Natal, spent the week-end the guest of Mrs. I. Montalbetti.

The Churches

ST. ALBAN'S CHURCH
Rev. J. R. Hague, A.Th. Incumbent.

11 a.m. Matins and sermon.
2 p.m., Sunday school.

ST. PAUL'S UNITED CHURCH
(G. A. Kettys, Pastor)

Morning worship at 11 a.m.
Sunday school at 12:15

Evening Worship at 7 p.m.

Rev. W. N. Byers, representative of the Lord's Day Alliance, will preach at the morning services.

THE SALVATION ARMY

Lieuts. S. Nahirney and R. A. Hammond, Officers in charge.
Sunday Services:

All Sunday services will be conducted by Lieut. W. L. Longden, of High River.

11 a.m.—Holiness meeting.

3 p.m.—Sunday School.

7:30 p.m.—Salvation meeting.

Tuesday:

7:30 p.m.—Red Shield Auxiliary and Home League.

Wednesday:

4:30 p.m.—Brownies.
6:00 p.m.—Cubs

Thursday

4:30 p.m.; Young People's meeting.
8:00 p.m.—Salvation Meeting.

CARD OF THANKS

Mr. J. Oliva, Louise, Mrs. B. Ellison and family wish to thank everyone for their kind expressions of sympathy, for mass cards and floral offerings at the time of their sad bereavement. Thanks also to those who loaned cars and to the pallbearers.

CARD OF THANKS

Cameron School Junior Red Cross thank Miss Dorothy Caruthers for the donation of the rag doll which was raffled last week and which netted \$25.00 for Junior Red Cross funds. Thanks is also expressed to Mrs. F. Antrobus for her help on behalf of the raffie.

IT'S A GOOD IDEA

Thousands of fire insurance and life insurance holders testify to the economy and protection of Alberta Government Fire and Life Insurance. TREASURY BRANCH managers and agents throughout the province are fully trained to meet your insurance problems. They operate a SOCIAL SERVICE not for profit. It's logical and good business to place your insurance money where it does the most good—right here at home. Ask your local TREASURY BRANCH manager or agent for full insurance information.

YOUR

TREASURY BRANCH

F. Antrobus, Agent, Coleman



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Authentic Stylings in Ladies Clothes is more essential than any other angle.

You can depend on every article we offer you, whether it is a fine dress, a spring coat or as small as a piece of lingerie.

Fine Dresses

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\$3.95

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"Style Without Extravagance"

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FLITE in many colors, KALSOMINE and PAINT BRUSHES, PAINT CLEANER, etc.

Excel Builders' Supply Co.

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CLIP THIS ANNOUNCEMENT FOR FUTURE REFERENCE



RATION BOOK 4 - WHEN AND WHERE YOU GET IT

Distributing Centres will not be open on all days of next week. Make sure that you know exactly what days and hours the Distributing Centre you intend to go to will be open. Help the volunteer workers by following instructions carefully.

RATION BOOKS WILL NOT BE MAILED OR DELIVERED—THEY MUST BE CALLED FOR

HERE IS WHAT YOU DO TO GET YOUR NEW BOOK

- 1 Fill in the application card—the first post-card in your Ration Book 3. Do this at home. The application card is printed in red and is numbered RB-99. DO NOT USE ANY OTHER CARD. Follow the method shown.
- 2 Be sure to PRINT clearly, accurately and completely all information required on the card. BECAUSE THERE ARE NO COUNTIES IN WESTERN CANADA, IN LINE 5 STATE THE MUNICIPALITY (URBAN OR RURAL IN WHICH YOU ACTUALLY RESIDE, REGARDLESS OF YOUR POSTAL ADDRESS.
- 3 Sign at the bottom with your usual signature. Persons of 16 years or over must sign their own cards. Cards of persons under 16 years must be signed by parents or guardians.
- 4 Applicants must bring their Ration Books with them to the Distributing Centre. Children under 16 may not apply for Ration Books for themselves or for other members of the family.
- 5 Do not detach application card from your Ration Book. This must be done by an official at the Distributing Centre. If accidentally detached, bring the application card along with your Ration Book.
- 6 ARMED FORCES: All members of the Armed Forces, whether on permanent subsistence or not, will obtain their Ration Cards from their own Units.

RB-99 PRINT IN BLOCK LETTERS IN INK. LETTRE A L'ENCRE EN LETTRES MOUTLÉES

1. BALL (LAST NAME—HOW DO YOU WANT IT?)
JOHN WILLIAM

2. P.O. BOX 79
ADDRESS IN NO. 40—ADDRESS ON A R. 40

3. REGINA
CITY, TOWN OR VILLAGE—VILLE DU VILLAGE

4. SHERWOOD (MUN.) SASK.
COUNTRY—COUNTY PROVINCE, PROVINCE

5. SIGNATURE
John W. Ball

- 7 APPLYING FOR BOOKS FOR OTHERS: Any responsible member of a household may apply for Ration Books on behalf of other members of the household, or for neighbours unable to apply in person, providing Ration Book 3 with properly filled in application card is presented.

On presentation at a Distributing Centre of your Ration Book 3, with properly completed application card, you will be issued your new Ration Book 4; and your Ration Book 3 will be returned to you.

WARNING: Be sure you get your new book while your Distributing Centre is open next week. Otherwise, you will not be able to obtain your new book until April 17.

RATION BOOK 3 CONTAINS UNUSED COUPONS YOU WILL NEED. DON'T DESTROY IT!

LOCAL DISTRIBUTING CENTRES

Addresses

Dates

Hours

Antrobus' Office

Wednesday and Thursday
March 29th and 30th

10 a.m. to 12 noon
2 p.m. to 8 p.m.

RATION ADMINISTRATION

THE WARTIME PRICES AND TRADE BOARD

WORLD HAPPENINGS
BRIEFLY TOLD

A total of 145,000 United States planes are scheduled for completion in the 15 months beginning with 1944.

Brecon, Wales.—For sheep stealing, a rare crime these days, Henry Moss, a soldier, was sentenced to 18 months' imprisonment.

In eight months of Atlantic convoy work not a single merchant ship under protection of H.M.S. Biter has been sunk.

Dining cars of one Canadian railway served 900,000 meals in the year prior to the outbreak of the war. In 1941, they served 2,369,000 meals.

The man who docked the liner Queen Mary for the first time and who was Southampton's oldest pilot, 66-year-old Capt. George Bowyer, died recently from a heart attack.

The newly finished motorship "Suora" built by the Gota Works in Gothenburg will be used by the Red Cross to carry food from Canada to Greece.

Canadian Legion war services announced appointment of an overseas regional committee which will direct the legion's educational work in the United Kingdom.

Before the end of the third year of the war Fiji had given two bombers, five fighters and had sent \$88,800 to the Red Cross and St. John of Jerusalem Joint Appeal and other war charities.

The first memorial to the dead of this war has been unveiled in Britain. It is a window in the old church of the Yorkshire village of Kirk Bramwith, the money for which was subscribed by the parishioners.

Britain's War Effort

Savings Effort Has Increased Every Year of the War

The savings effort of the British Home Front has increased steadily throughout the war, despite the immense increase in all forms of taxation during the same period. In all, a total of more than \$26,000,000,000 has been subscribed an average of more than \$560 for each man, woman and child in Britain.

The war effort of the British people increases with every year of war. This is well illustrated by their record in small savings. For every savings stamp and gift token bought in 1940, eight were bought in 1943. Small savers holding certificates total 17,000,000, which is over 50 per cent. of the entire British adult population. Over half the 1943 savings total was contributed by small savers. There was a similar increase in large savings.

SUNDAY SCHOOL LESSON
MARCH 26THE SACREDNESS OF LIFE
(Temperance Lesson)

Golden text: Know ye not that your body is the temple of the Holy Spirit? 1 Corinthians 6:19.
Lesson: Genesis 1:27, 28; Matthew 12:11, 12; Romans 14:19-21; 1 Corinthians 6:19, 20.
Devotional Reading: Psalm 116:12-18.

Explanations and Comments
Man Made in the Image of God, Genesis 1:27. From the creation story comes this text. The purpose of the earth which God created was to become the abode of man, whom God made as the crown of creation; all his earlier acts were preparatory for man's coming. God created man in his own image, in the image of God created he him.

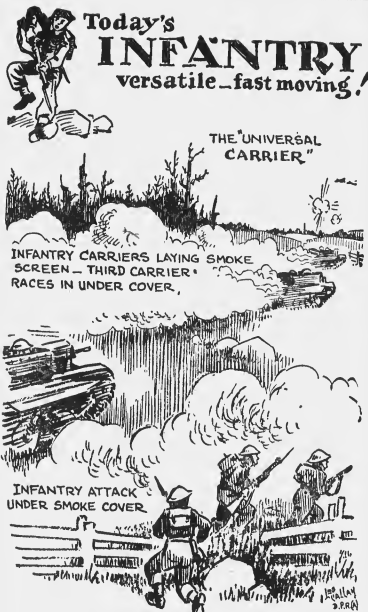
Man's likeness to God lies in his intellectual, moral and religious capacities and powers, in his ability to think, feel and will, which makes possible his communion with God and God's revelation to him.

Man Made to Have Dominion, Genesis 1:28-31. God gave man dominion over all other living things, vegetable and animal.

Jesus' Valuation of Man above Possessions, Matthew 12:10-12. One day a man with a shriveled hand sought the help of Jesus. According to the Apocryphal Gospel of the Hebrews, the man said: "I was a mason, winning a livelihood with my hands. I pray thee, Jesus, that thou restore me to soundness, lest I have the shame of begging my food." The Scribes and Pharisees (Lk. 6:7) asked Jesus if it were lawful to heal on the Sabbath, for they sought a chance to accuse him. In answer Jesus asked who among them would not rescue a sheep that had fallen into a pit on the Sabbath and added, "How much then is a man of more value than a sheep! It is lawful to do good on the Sabbath day."

In Man the Divine Spirit Dwells, 1 Corinthians 6:19, 20. Your body is a temple of the Holy Spirit, reserved from God. Ye are not your own, for ye were bought with a price—the sacrifice of your Redeemer. Glorify God therefore in your body, honor him by your care of the temple in which the Holy Spirit dwells, in which God has breathed something of his own life.

Canada has 952 public civilian hospitals. 2560



Universal Carrier

Often termed the "most useful vehicle in this war," the Universal Carrier is the pet of the Infantry, supporting and complementing their actions over terrain that would be impossible to almost any other means of transport. This speedy, lightly armoured, open-topped vehicle travels on caterpillar tracks at a speed comparable with that of road-confined automobiles. It can mount a Bren gun for action against enemy troops and aircraft, be utilized as a smoke screen layer, barbed-wire destroyer, for laying communication wires, and for many other types of work. The hard-hitting Infantry has a tough affection for these speedy weapon carriers that can take as much punishment as the versatile Infantrymen themselves, and still come back to hand out even tougher punishment to the enemy.

HAPPENS SOMETIMES

John, aged five, had been caught wasting bread, so his mother delivered a little lecture on the sin of waste. She concluded by saying: "What would you do if the brave sailors, who bring your food, said they would not bring any for naughty boys who wasted it?" "Well," said the culprit, after a pause for reflection, "perhaps we could pinch some from the good little boys."

An appreciable rainfall occurs only once every few years in the Egyptian desert.

INCREASE CONTINUES

Output of aircraft in Britain continues to increase, it has been announced. Total structure and weight of output in February this year was more than 26 per cent. higher than in February 1943, while heavy bombers in structure and weight showed an increase of more than 33 per cent. Actual figures were not issued.

Pepper now is being grown for the first time in Central America.

Bees have a life span of approximately eight years.

THIS CURIOUS WORLD

By William Ferguson



ANSWER: A cloud.

REG'LAR FELLERS—Anti-noise Demonstration



Different Viewpoint

Soldiers Do Not See War In Same Way As Civilians

An American private in an English village put remarked to one of this newspaper's reporters, Drew Middleton, that he didn't like to hear war "called fancy names." Other soldiers profanely agreed. They just didn't care to be called the "spearshead of democracy" or to be lectured on "honor" and "glory." They intend to do what they had to do, which was to "beat these Germans because it's gotta be done." They did not regard the prospect as romantic.

The very fact that the subject could come up reveals the chasm between the soldier and the civilian. The civilian, and for reasons that seem good to him, is prone to use the words the soldier doesn't like. The civilian has a sense of inferiority. Because of youth, age, bad eyesight, a weak heart or an essential occupation he is not asking to fight. The Army and Navy won't have him. So he has an easier time of it than the soldier. He is not to blame, but his conscience hurts him. But to the soldier he seems to be saying: "Never mind the rain, mud, snow, dust, thirst, hunger, malaria, tedium and general discomfort; never mind the danger, the wounds, the pain; never mind the stink and horror—just fix your mind, you lucky devil, on the beautiful, glittering generalities. The soldier is not thinking of generalities. He is thinking of how to get through the next day, hour, minute, how to keep on going, how to do what he has to do without getting killed. It is dirty, unhappy, dangerous work and, being human, he doesn't like it. More honor to him—but there we go; he doesn't care for honor as a word but only as an act. In the long years to come he may acquire perspective and realize that he and his dead comrades really were the spearhead of democracy and that their conduct was really honorable and glorious. But not now. He is too close to the fact.—From the New York Times.

A GOOD REASON

Thompson had asked Jenkins to dinner at his house, and Jenkins didn't turn up. A few days later the men met, and Thompson said, "Do you know I asked you to dinner the other night."

"Oh, yes," said Jenkins. "Then why didn't you come?"

"Let me think," replied Jenkins. "Oh, I remember; I wasn't hungry."

Trees explode when struck by lightning. The stroke creates a gas chamber inside the wood, and the sudden vaporization sets up an explosive pressure.

Buy War Savings Stamps Regularly.



Appleford LIMITED WINNIPEG - REGINA - SASKATOON CALGARY - EDMONTON

A Common Program

Problems Facing Allies After The War Are Being Discussed

Representatives of the Allied governments already are discussing methods to be used in the post-war days to insure co-ordinated action on all problems affecting them, Viscount Halifax, Great Britain's ambassador to the United States, said. The ambassador was in Boston to receive an honorary degree of Doctor of Civil Law at Boston University.

"There is a common program now being discussed," he said at a press conference, "concerning the problems of the Allies after the war. However, ultimately the results of the discussions must depend on the minds of the respective publics in the different communities."

The graphic gets its name from "zirafah," an Arabic word meaning "graceful".

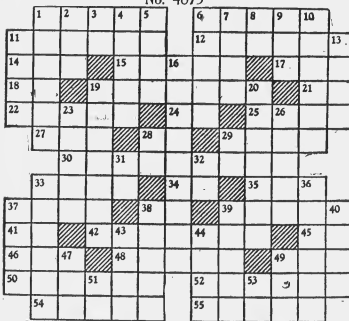
Air Offensive

War Of Wits Between Attackers And Defenders

Air Vice Marshal Sandby, Deputy C-in-C of Bomber Command, has said that in this war of wits between the attackers and the defenders, the attack becomes more difficult every week, due to the great development in size of the enemy defences, and the fact that 80% of the enemy's night fighters are now on the Western Front. Yet, thanks to the Tactical Ingenuity of Bomber Command, the air offensive continues to grow in size, despite these difficulties, and without heavy percentage of losses.

GOVERNOR OF BENGAL

The post of Governor of Bengal is the highest-ranking among the Provincial Governorships in India. There is much significance in the fact that it has recently been given to Mr. Richard Casey, of Australia.

X-X OUR CROSSWORD PUZZLE X-X
No. 4873

1 Across	2 Across	3 Across	4 Across	5 Across	6 Across	7 Across	8 Across	9 Across	10 Across	11 Across	12 Across	13 Across	14 Across	15 Across	16 Across	17 Across	18 Across	19 Across	20 Across	21 Across	22 Across	23 Across	24 Across	25 Across	26 Across	27 Across	28 Across	29 Across	30 Across	31 Across	32 Across	33 Across	34 Across	35 Across	36 Across	37 Across	38 Across	39 Across	40 Across	41 Across	42 Across	43 Across	44 Across	45 Across	46 Across	47 Across	48 Across	49 Across	50 Across	51 Across	52 Across	53 Across	54 Across	55 Across
1 Down	2 Down	3 Down	4 Down	5 Down	6 Down	7 Down	8 Down	9 Down	10 Down	11 Down	12 Down	13 Down	14 Down	15 Down	16 Down	17 Down	18 Down	19 Down	20 Down	21 Down	22 Down	23 Down	24 Down	25 Down	26 Down	27 Down	28 Down	29 Down	30 Down	31 Down	32 Down	33 Down	34 Down	35 Down	36 Down	37 Down	38 Down	39 Down	40 Down	41 Down	42 Down	43 Down	44 Down	45 Down	46 Down	47 Down	48 Down	49 Down	50 Down	51 Down	52 Down	53 Down	54 Down	55 Down

LIFE'S LIKE THAT

By Fred Neher



"I told Henry I think straw votes just show which way the hot air blows."

BY GENE BYRNES



I KNOW A THING OR TWO ABOUT GOOD BREAD!

I KNOW A THING OR TWO ABOUT GOOD YEAST!

Clever women bake with ROYAL YEAST—Makes loaves tender, even-textured, delicious WRAPPED AIRTIGHT FOR DEPENDABILITY

ROYAL YEAST CAKES

MAKES PERFECT BREAD

Made in Canada

OUR COMPLETE SHORT STORY—

A Study In Technique

By V. B. DOBSON

McClure Newspaper Syndicate

Sam Granger went out with only the prettiest girls. Nothing unusual about that, of course. Lots of men do it—men who are either good looking or rich, or both. Sam was neither. Sam was in the garage business. A fair to middling business, with little danger of his getting rich.

As for his good looks—I couldn't see any, though I was his best friend and not too critical. He was short. His hair was mud-colored and thin in spots. His complexion was florid and healthy looking. In short, he was anything but a tall, dark-haired, bronze-faced god.

In spite of that, the girls went for him. I made up my mind to find out why, figuring that with my looks and his technique—once I got on to it—I'd be able to go places.

A new restaurant opened up a couple of blocks from the garage. "So what?" Sam said when one of his helpers told us about it.

"This restaurant owner knows how to pick waitresses. He's got a couple of knockouts working for him."

I didn't ask Sam if he was going to try the new restaurant that day. When he said he was going out to eat, I told him I was going too, and fell in step beside him.

We took a table. At sight of the girl who made her way toward us I think we both got a little wide-eyed. She was all there, all right. "Nice day," Sam told her.

"Yes, sir. What will you have, sir?" You'd think she was a robot serving a couple of other robots, that's how much interest she showed in us. It was that way through the whole meal. All she said was "Yes, sir" and "No, sir," in a way that was discouraging.

"Buddy," says I to myself, "you

might as well quit studying Sam's technique because it won't work with this doll. The only guy who could impress her is Robert Taylor, and even he would have a tough time doing it."

But Sam wasn't discouraged. He was the sort of fellow who just didn't know how to quit. He paid the check, smoked a while thoughtfully, then reached in his pocket for a tip to leave beside the plate. With some change he brought out also an assortment of nuts, screws and telephone slugs. He put two bits under the plate, changed his mind, picked it up and put down a couple of screws, a nut and two or three telephone slugs.

"What did you do that for?" I asked when we were out.

"A girl like that is used to getting two-bit tips. She ain't used to being tipped with junk. I'll make her wonder about me."

Maybe it would and maybe it wouldn't. We ate there often after that. Sam tried hard to start a conversation with her and got nowhere. Lora—that's what her boss called her—was polite. Too polite.

But she wouldn't get chummy. I was getting to feel sorry for Sam. Maybe if he gave her a decent tip a couple of times. But no, he continued to tip her with junk.

Any other girl would have wanted to know, "What's the idea?" But not Lora. She never said a word about the nuts and bolts. From her attitude you'd think it was the right stuff with which to tip a patient, hard-working girl.

This went on for a couple of weeks. Then one day Sam handed her a five-dollar bill with his check. That was all he had with him. Lora went to the cashier, and a little later came back with the change on a plate. Only it wasn't change. It was a lot of telephone slugs, screws and nuts. Sam just looked at it.

"Correct," she asked.

Sam didn't bat an eye. He took the plate, poured the junk in his hand and put it in his pocket. "Correct," he said, and went out whistling.

We walked a block before he spoke again. "That girl's not only pretty but she's got a sense of humor. I'm going to marry her."

"That's? Well, I'm going to run for President."

"Laugh if you want to, Bud. That was an inspiration—gipping her with the junk in my pocket. It not only interested her in me but it revealed her character. She's a clever kid."

I knew that. I laughed again at the thought of Sam marrying her. When we walked into the restaurant the next day, the girl working with Lora smiled brightly, their boss grinned and Lora laughed right out loud. They all said "Hello" as they would to their best friends.

Lora took our order, still laughing, and for the first time acting chummy.

Sam asked her, "What are you doing tonight?"

Her eyes grew eager. "Nothing." "Care to take in a show with me?" "Why—I'd be glad to. There's a show I've been dying to see—"

I knew women well enough to notice it wasn't the show she was dying to see as much as she was dying to go out with Sam.

"How in the world did you do it?" I asked him after she left with our order.

"You ought to know," said Sam. "You saw me do it."

"Yes, I saw you but—well, do you think if I sat at one of the tables the other girl serves and tipped her with a few nuts and bolts—"

"Bud, you're a simp. That technique is stale now."

This Week's Pattern



By ANNE ADAMS

A smart two-piece for both Mother and Daughter is Pattern 4635. It comes in two entirely different size ranges, draped to different types of figures. If you are a willowy miss choose from sizes 12 to 20. If a matron, 30 to 48. Surprise! Sundress version included!

Pattern 4635 is available in misses' sizes 12 to 20, women's sizes 30 to 48. Size 36 takes 3 1/2 yards 35-inch fabric.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send orders to the Anne Adams Pattern Dept., Winnipeg Newspaper Union, 175 McDermott Ave. E., Winnipeg, Man. "Because of the slowness of the mail delivery of our patterns" may take a few days longer than usual.

Could Do Damage

Germany Still Has Several Large Battleships In Her Fleet

W. L. Clark, in the Windsor Star, says: Germany has lost the Graf Spee, Bismarck and Scharnhorst sunk, the Tirpitz damaged, and the Goeben out of action.

The Nazis still have the Hipper, Prince Eugen, Luetow, Admiral Scheer, Nürnberg Leipzig and Emden as large units of the fleet.

Any one of these vessels can do a lot of damage, if it gets loose and on the convoy problem. Sailors of the United Nations have to be keyed to the alert at all times, watching for the Nazis, never knowing when one of them may turn up and do battle. The Germans do not relish showing it out with the Allies, but every now and again there is a stand up and fight engagement. Families of those who went down with H.M.S. Hood know that.

THE HELICOPTER

Principally made of metal, the helicopter lends itself to mass production, and it is estimated that its cost should eventually be about that of a medium priced automobile.

Waste Paper

Tons Of Paper Salvaged From Trains On Canadian National Railways

To anyone but a railroader it would be a sixty-four-dollar question to know what happens to newspapers, magazines and other paper left on trains by the travelling public. On the Canadian National Railways this material is carefully salvaged in the various coach yards throughout the National System. Before leaving on another run, all passenger equipment is thoroughly cleaned in a coach yard and here all waste paper is collected, baled and disposed of through regular reclamation channels.

Since the start of the war and to the end of 1943, waste paper saved by the employees of the Canadian National Railways amounted to 5,389,571 pounds. This figure includes paper salvaged by the coach yards and all other departments and disposed of by the Railway's stores department. According to the stores department, the amounts of waste paper salvaged ranges from one million to a million and a half pounds each year.

Some of the waste paper is ultimately used to make Red Cross parcels of war parcel cartons, and if Canadian National's collection since September, 1939, were used exclusively for that purpose there would be sufficient for 7,485,515 cartons. It requires 72 pounds of waste paper to make 100 such cartons.

SMILE AWHILE

Mrs. Blank—Do you want employment?

Tramp—Lady, you mean well, but you can't make work sound any better by using a big word for it.

Teacher—Junior, if I saw a boy beating a donkey and stopped him, what virtue would I be showing? Junior—Brotherly love.

Customer—Do you give a guarantee with this hair restorer? Barber—Guarantee, sir? Why we give a comb.

Friend—What kind of a time did you have in the police court this morning? Motorist—Fine.

Stranger—I've come out here to make an honest living.

Native—Well, there's not much competition.

First Sailor (on first convoy duty)—Did you ever see so much water in all your life?

Second Sailor (a veteran)—You haven't seen nothin'. That's only the top.

Soldier—Janet, will you marry me in handkerchiefs?

Janet—Why, you couldn't keep me in handkerchiefs!

Soldier—Well, you don't expect to have a cold the rest of your life, do you?

The Boss (who has just dropped in on the baseball game)—So this is your uncle's funeral. Clarence is Office Boy—Looks like it, sir. He's the umpire.

Lady—Can't you find work?

Tramp—Yesum, but every one wants a reference from my last employer.

Lady—And you can't get one?

Tramp—No, mum. You see, he's been dead 25 years.

"How old would you say she is?" "Oh, somewhere in the early thirties."

For Faster Relief of CHEST COLDS

Muscular Aches & Pains Tired Burning Feet MASSAGE WELL WITH BUCKLEY'S STAINLESS WHITE RUB

PRICE 30c and 50c at ALL DRUGGISTS



HAMBLEY'S CHICK ZONE The Life Saver for Baby Colds. One teaspoonful per quart chicks' first drink, sterilizes fly crop and digestive tract. 15 oz. 75c postpaid; 8-oz. exp. collect. 1/2-Gal. \$1.50; 1-Gal. \$2.75

J. J. Hambley Hatcheries Winnipeg, Regina, Saskatoon, Calgary, Edmonton, Brandon, Portage, Vancouver, Swift Lake, Kelowna, Abbotsford, B.C., Port Arthur, Ont.

USED BY YOUR GRANDMOTHER JUST AS EFFECTIVE TODAY!

VENO'S COUGH SYRUP

Invaluable for COUGHS—COLDS BRONCHITIS ASTHMA WHOOPING COUGH SIMPLE SORE THROAT

Children love Veno's

DON'T DELAY—BUY A BOTTLE TODAY!

New beauty for Old Curtains

Tintex CURTAIN ECRU

GARDEN NOTES

Cultivation

One real cultivation before planting will save hours of labor later on and a good deal of disappointment. Any authority on gardening stresses the importance of thorough preparation of the soil. This applies to both vegetable and flower.

Assuming the place is fairly level, the first job will be a complete spading, or plowing if it is big enough and possible. Care should be taken to see that all old sod and other coarse vegetable refuse is thoroughly buried, and if possible broken up a bit. Then it is best to cultivate. In small plots a rake will do the work until the soil is broken down as fine as possible.

If there is time it is then an excellent idea to allow the garden, or at least the later planted part, to rest for a few days to encourage weed seeds to sprout. The second and third cultivation, of course, will then kill these things easily, making the handling of the garden later on that much easier.

Better Varieties

Gardening beginners often make the mistake of asking for varieties that are perhaps popular many years ago, without realizing that there has been vast improvement and much better kinds are now available. Plant breeders have been steadily turning out better varieties, bigger, earlier and more tender than many of us knew in the old days.

Corn has been developed that give larger cobs, thicker and juicier kernels. There are beets and carrots that grow more quickly, radishes that are fit to use in a matter of days from the time of seeding; spinach that will not go to seed and become coarse so quickly; peas that will be ready to put in the pot in from 50 to 60 days.

All these points are most important, and especially so in Canada where early frosts are all too frequent. These varieties are much too numerous to be mentioned in detail here. The prospective gardener is advised to secure a good seed catalogue or up-to-date government bulletin which lists varieties suitable for the various areas of Canada. Incidentally, all varieties listed in Canadian seed catalogues are specially adapted to thrive under Canadian conditions.

Planting Test

Two factors determine the time to plant—the condition of the soil and the hardness of whatever is being planted. Experts stress the extreme importance of the first point which, they say, is very often ignored by the over-zealous beginner. If soil is dug too soon, while it is still very moist, the work of cultivation is often doubled or trebled and injury to the crops planted is serious. Heavy soil will almost invariably form into hard lumps that may require almost an hour to break them up.

The easy test to determine when the soil is ready is to walk across it. If it is muddy and sticks light to the shoes, then it is best to allow it to dry out some more. If it merely presses down and crumbles when handled and brushes off shoes easily, then it is right. This is the old test of the practical gardener.

GOT HIS ANSWER

"I cannot understand why you call yourself a kind father," he wrote his dad, "when you haven't sent me a cheque for three weeks. What kind of kindness do you call that?" "That's unmerciful kindness," wrote the father in his next letter.

Authorities of Zurich, Switzerland, have recommended that children be required to go bare-footed during the summer to conserve leather. 2560

Saw Them Anyway

But Flier Was Too Far Away To Buy Nuts

The other day in Montreal two flying boys were completing their Valentine shopping. "Another item and I'm through," one told the other. "I craved nuts. Saw some beauties in a store window. Let's go."

They did go, up and down St. Catherine street and side streets, ogling every display. No nuts.

"I know I saw them," the senior flier persisted. They were in a carton beside a box of dried apricots."

Further search brought no better luck. They were at dinner some hours later when it came to him.

"I knew where I saw those nuts," he suddenly recalled. "It was in Reykjavik, Iceland."

Skin Eruptions

Here is a clean, stainless, penetrating antiseptic that brings speedy relief from the itching and discomfort.

Not only does this healing antiseptic oil promote rapid and healthy healing in open sores and wounds but boils and simple ulcers are also relieved. In skin affections the itching of Eczema is quickly stopped. Pimples—skin eruptions dry up and scale off in a very few days. The same is true of Barber's Itch, Salt Rheum, Itching Toes and Feet and other skin troubles.

You can obtain Moore's Emerald Oil in the original bottle at any good drugstore. Satisfaction guaranteed or money back.

OPINION IN CHINA

Most people in China believe that the defeat of Germany will "not be followed by a quick collapse of Japan," Dr. Wang Shihshieh, chief counsellor to Generalissimo Chiang Kai-shek and members of the presidium of the People's Political Council of China said at a press conference at Ottawa.

Part Time Opportunity

For Intelligent Married Women

Married women of above average intelligence residing in any town or rural districts are wanted for two or three days a month, helping us conduct surveys of public opinion on important questions, including war subjects, brands of products used, reading habits, radio listening habits and so on for Canada's oldest survey company. Salary. No selling. For complete details write:

CANADIAN FACTS
19 Melinda Street, Toronto.

HEY! SARGE WHERE'S YOUR MINARD'S

SOLDIERS RUB OUT TIRED ACES

with MINARD'S RUB OUT LINIMENT

"MIDDLE-AGE" WOMEN (38-52 yrs. old)

HEED THIS ADVICE!! If you're cross, restless, nervous—suffer hot flashes, distress—caused by this period in a woman's life—try Lydia E. Pinkham's Vegetable Compound. Made especially for women. Hundreds of thousands remarkably helped. Follow label directions. Made in Canada.

HE'S DOING BETTER SCHOOL WORK with this BETTER BREAKFAST

Young folks burn up lots of energy in a day. They must have plenty of good nourishing food. So give them a better breakfast—give them Nabisco Shredded Wheat. Made from 100% Canadian whole wheat it contains the essential energy-builders: carbohydrates, proteins, and the minerals iron and phosphorus. Nabisco Shredded Wheat is ready-cooked, ready to eat. Try the tested, practical recipe found in every package.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.
Niagara Falls, Canada

2448

BUY WAR SAVINGS STAMPS FROM YOUR FOOD STORE

MACDONALD'S BAKER

Canada's Standard Smoke

VITA-MIX

An association of the six necessary vitamins for the proper functioning of the human system. It has been experimentally proven that vitamins are more effective when grouped together. VITA-MIX is such a grouping, put up in powder form, offering a convenient and easy way of absorption.

Scientifically prepared for all age groups.
Price \$2.25 and \$4.00

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Good Reading at Reasonable Rates

Coleman Pharmacy

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Agent for the Blairmore Greenhouse

SEE OUR WINDOW DISPLAY OF

BEDDING

SPRING FILLED MATTRESSES BY SIMMONS

BEAUTY REST \$42.50 SLUMBER KING... \$29.50
ROSEMARY \$25.00 FELT FILLED... \$8.95 to \$17.50
ROLL UPS \$5.75 BASSINETTE... \$4.50
CRIB MATTRESSES \$5.50 and \$3.75

We Can Supply Your Needs

Pattinson's Hardware Store

Phone 180 for Orders Large or Small - Service Unexcelled

INTERIOR DECORATING

When cleaning up this Spring try the new Casein Paint

"VELLO"

We have a full stock of 7 DIFFERENT COLORS
Washable, Economical, Lasting, and easy to apply.
One package does a fair sized room and one coat is usually sufficient.

Price \$1.35 per 5 lb. Package

Coleman Hardware and Furniture Co.
W. DUTIL, Mgr. Phone 68

PALACE THEATRE

HIGH-CLASS ENTERTAINMENT

Program For Coming Week

Saturday, Monday and Tuesday, March 25, 27 and 28
MARGO and Tom NEAL, in

'Behind The Rising Sun'

The story behind Japans plan of conquest
also News, Donald Duck Cartoon and Novelty

Wednesday, Thursday and Friday, March 29, 30 and 31
DOUBLE PROGRAM

Paulette GODDARD and Ray MILLAND, in

"CRYSTAL BALL"

William BOYD and Andy CLYDE, in

"BORDER PATROL"

Cole's Theatre, Bellevue

Saturday, Monday and Tuesday, March 25, 27 and 28
THE ALL TECHNICOLOR MUSICAL

"Coney Island"

with Betty GRABLE, George MONTGOMERY
and Cesar ROMERO
also NEWS and CARTOON

Orpheum Theatre, Blairmore

Saturday, Monday and Tuesday, March 25, 27 and 28
ERROL FLYNN, in

'Desperate Journey'

also NOVELTY and SHORTS

Local News

Mr. and Mrs. John Kubin, were recent Calgary visitors.

Mrs. D. Campbell, of Lethbridge was the week-end guest of Mr. and Mrs. Jerry Celli.

Mrs. Walter Williams, of Calgary, and formerly of Coleman, is the guest of Mrs. John Rinaldi.

Miss Wanda Dase, of Pincher Creek, was the week-end guest of Mr. and Mrs. Henry Hardy.

Mrs. George Ford is a patient in the local hospital, having undergone an operation last Friday.

Oliver Salvador, R.C.A.P., Calgary, arrived at his home here on Tuesday evening on a brief furlough.

Vance Hulbert was home on Sunday in his new sailor's uniform. He returned to his Calgary base that night.

Messrs. J. S. D'Appolonia and John Salvador motored to Coleman from Creston on Friday after-noon.

Mrs. Herbert George, who has been the guest of Mrs. Ralph Root during the past two weeks, returned to her Travers home on Monday.

Harold Turner is home on a ten day furlough.

Mr. and Mrs. H. C. McBurney arrived home at the week end after a visit to Calgary, at which time they purchased a city home.

St. Alban's Ladies' Guild will hold their whist drive in the parish hall on Monday, April 10, at which time the 19 tombola prizes will be drawn.

Miss Pat Hoyle, teacher at Beaver Mines, spent the week-end with her parents, Mr. and Mrs. D. Hoyle.

Mr. and Mrs. C. Easton, of Vancouver, have been the guests of Mr. Easton's parents, Mr. and Mrs. Alex Easton.

Mr. and Mrs. W. Pettifor left last week on several weeks vacation to Illinois, U.S.A., where they will visit a daughter.

St. Alban's Ladies Aid sponsored a whist drive on Friday evening. Prize winners were Mrs. Walter Nelson, Mrs. E. Fontana and Mrs. J. Cousins.

Mrs. Sam Sagoff returned home after being a Calgary hospital patient for a week. She was accompanied by her husband, who had travelled to the city to bring her home.

Save Money For War Stamps

Buy a Meal Ticket at the WHITE LUNCH CAFE

Mrs. Robert Graham and John were recent Calgary visitors.

Born: To Mr. and Mrs. Nicholas Nicholas on Saturday, Mar. 18, a son.

Spr. E. R. Kennedy who has been spending a furlough with his family here after returning from overseas has now reported to military authorities at Calgary.

Mr. Chris. Tompkins, formerly of Blairmore and now of Calgary, sends his best regards to his many Pass friends, and hopes to be in the Pass within the next few weeks.

Mr. and Mrs. James Atkinson, who left here a few weeks ago for Vancouver, have purchased a five-acre farm stocked with a cow, chickens and 17 fruit trees. Mr. Atkinson is now employed with the Shell Oil Co.

Mrs. D. Gentile and Margaret and Mrs. A. Montalbetti left for Fort Langley, B.C. where they will be the guests of the former's son and daughter-in-law, Mr. and Mrs. A. Gentile. Should Mrs. Gentile's health improve she will remain in that coast town and will be joined at a later date by her husband. Mrs. Montalbetti expects to be on vacation for two weeks.

A farewell party was held in the Catholic hall on Wednesday, March 15, in honor of Margaret McLellan, who was soon to leave for the Pacific coast. Games were played, following which a dainty luncheon was served by the Catholic Girls' Organization. The guest of honor was presented with a lovely white purse and a prayer book. The gathering closed with the singing of "She's a Jolly Good Fellow."

Finer Foods for the Thrifty Shoppers

PORK and BEANS, Heinz, 20-oz tin20	SPAGHETTI and CHEESE, Heinz, 20-oz tin20	TOMATO KETCHUP, Heinz, per bottle25	CHILI SAUCE, Heinz, per bottle35
WORCESTERSHIRE SAUCE, Heinz, per bottle35	BEEF STEAK SAUCE, Heinz, per bottle30	PREPARED MUSTARD, Heinz, 2 tins15	MUSHROOM SOUP, Heinz, 2 tins35
CHICKEN RICE SOUP, Campbell's, 2 tins29	CHICKEN NOODLE SOUP, Campbell's, 2 tins29	SCOTCH BROTH SOUP, Campbell's, 2 tins25	VEGETABLE SOUP, Heinz, something better, 2 tins29
SAUERKRAUT, Libby's, per tin20	PUMPKIN, Green Lake, Choice, large tin15	PEAS, Green Lake, No. 5, choice, 30-oz tin, 3 for47	PEAS, Green Lake, No. 2, choice, 30-oz tin, 2 for35
BLACKBERRIES, 20-oz tin30	PEACHES, Okanagan, Choice, 20-oz tin25	PEARS, Berryland, choice, 20-oz tin25	PEAS, Gardenside, 20-oz tin, standard, 3 tins43
One Coupon	One Coupon	One Coupon	One Coupon
GOLDEN SYRUP, Roger's, 2-lb tin30	CORN SYRUP, Crown Brand, 2-lb tin30	KARO SYRUP, 2-lb tin30	MOLASSES, Domoleo, 2-lb tin35
Two Coupons	Two Coupons	Two Coupons	One Coupon
PRUNES, large, juicy, 1-lb cello package18	SPORK or PREM, per tin33	HERRINGS in TOMATO SAUCE, per tin27	PILCHARDS, Clover Leaf, per tin20
PRUNES, medium, 1-lb cello package15	SARDINES, packed in oil, 2 tins35	CHICKEN HADDIE, choice, per tin40	SANDWICH SPREAD, Miracle Whip, 8-oz jar25
BLACK FIGS, Choice, 1-lb cello package25	CLAMS, whole, fancy quality32	LOBSTER, finest quality, 1/4, per tin75	CHEESE, Velveeta, 1/2-lb package23
SALAD DRESSING, 8-oz jar23	LARD, Swift's Silverleaf, 2 lbs for33	JEWEL SHORTENING, 2 lbs for45	CAMPBELL'S SOUPS, Vegetable, Tomato, Vegetable-Beef, Beef, Celery, 2 tins25
16-oz jar35			
32-oz jar55			
FRUIT SALTS, Eno's, per bottle98			
59c and			
PANCAKE FLOUR, Aunt Jemima's, per pkg.25	CHIPS, Giant pkg59	Regular package27	PALMOLIVE SOAP, 8 bars47
PANCAKE FLOUR, Aunt Jemima's, 3 1/2-lb sack50	OXYDOL, Giant pkg75	Regular package27	LUX TOILET SOAP, 8 bars47
MACARONI, Ready Cut, 5-lb package30	RINSO, Giant pkg55	Regular package27	LIFEBUOY SOAP, 4 bars25
SHREDDED WHEAT, 3 packages40	IVORY SNOW, 2 packages53	Regular package27	CAMAY SOAP, 4 bars25
BEANS, Baby Limas, 2-lb bag33	MAPLE LEAF FLAKES, 4-lb box69	Regular package27	ODEX SOAP, 4 bars25
SALT, McMurray, plain or iodized, per package10	THRIFT SOAP FLAKES, 4-lb box47	Regular package27	SUNLIGHT SOAP, 4 bars25
SALT, Windsor, plain or iodized, 2 packages25	LUX SOAP FLAKES, per package27	Regular package27	FELS NAPTHA SOAP, 10 bars90
GINGER ALE, High-n-Dry, per dozen 1.12			
GINGER ALE, 7-UP, 6 bottles to case, per case Plus Deposit 1.55			
BLEACH, 2 bottles29			
NO RUB FLAKES, small package10			
NO RUB FLAKES, large package25			
GLO-COAT, Johnson's, pint bottle65			
GLO-COAT, Johnson's, quart bottle 1.15			

Soaps

CHIPS, Giant pkg59	Regular package27	PALMOLIVE SOAP, 8 bars47
OXYDOL, Giant pkg75	Regular package27	LUX TOILET SOAP, 8 bars47
RINSO, Giant pkg55	Regular package27	LIFEBUOY SOAP, 4 bars25
IVORY SNOW, 2 packages53	Regular package27	CAMAY SOAP, 4 bars25
MAPLE LEAF FLAKES, 4-lb box69	Regular package27	ODEX SOAP, 4 bars25
THRIFT SOAP FLAKES, 4-lb box47	Regular package27	SUNLIGHT SOAP, 4 bars25
LUX SOAP FLAKES, per package27	Regular package27	FELS NAPTHA SOAP, 10 bars90

- FLOUR -

Let Your Next Order be OGILVIE'S ROYAL HOUSEHOLD
24 lb. sk. 90c - 49 lb. sk. \$1.65 - 98 lb. sk. \$3.10

OGILVIE'S ROLLED OATS, Quick, 6 lb. sk. 40c
OGILVIE'S WHEAT GRANULES, 7 lb. sk. 35c
OGILVIE'S WHEAT GERM, per pkg. 50c

ASSOCIATED GROCERIES
SERVICE  QUALITY

J. M. ALLAN

Phone 32 - "The Store of Better Service"

DON'T FORGET THE BOYS OVERSEAS
SEND CIGARETTES
300 for \$1.10 , 1000 for \$2.75

KRUSCHEN SALTS, per package75	CREAM OF WHEAT, Quick Cooking, per pkg25	CORN FLAKES, Kellogg's, Giant, 2 for29	CORN FLAKES, Kellogg's, Regular, 3 for29	VARIETY PACKAGE CEREAL, Kellogg's, per package29	PUFFED RICE, Quaker, 2 for25	PUFFED WHEAT, Quaker, 3 for29	BRAN FLAKES, Post's or Kellogg's, 2 packages29	SHREDDIES, 2 packages29	MUFFETS, 2 packages25	PEPSI-COLA, 24 bottles to case, per case 1.59	BLAIRMORE POP, 24 bottles to case Plus Deposit 1.25	CLASSIC CLEANSER, 3 tins25	PARD DOG FOOD, 2 tins29	PUREX, 3 large rolls25	JIFFY PAPER TOWELS, 2 rolls29
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